CanSupport Founder-President’s Message

The journey of CanSupport these past twenty-five years has been the journey of palliative care in India. This is not surprising as, when we began our work, hardly anyone knew what the term meant. The concept of home care was also new.

Its inclusion in public policy in a number of countries, and its recognition as an essential component of universal and equitable health care, is because of consistent efforts of palliative care advocates in India and abroad. However, our work is far from done.

Besides the fact that in our country palliative care is still almost non-existent at grass root levels of care, there is a lack of trained manpower, restricted access to opioids for pain control, and often a refusal to accept that you need to work with the process of dying rather than against it.

No one person, no matter how talented, can deliver palliative care. It needs a trained interdisciplinary team of health providers who are excellent communicators and team players. Working collaboratively with the patient and family and with available community resources helps improve quality of life.

Looking ahead. CanSupport will continue to focus on the needs of people with cancer who are underserved. Their numbers are growing and we shall be there for them and their families, providing our services free of charge.

CanSupport’s programmes have grown in response to felt needs of patients. Besides the home-care service, we have a telephone helpline, day care and out-patient clinics, as well as a rehabilitation and social support programme. We also do research, educate and teach. The emphasis from the outset has been to offer care that is both competent and compassionate.

We are also no longer confined to Delhi and the NCR. Today, we have a presence in three major northern states of India and this footprint will grow.

We owe a debt of gratitude to those who have kept faith with us over the years as volunteers, committed professionals, donors, trainers, interns and collaborators. We also acknowledge our wonderful patients and families who inspire us with their loving hearts.

Finally, I appeal to all of you to come walk with us as we step into the future. The best is yet to come.

Harmala Gupta
Founder-President, CanSupport

Celebrating 25 years of caring for people with cancer!

CanSupport Helpline Numbers - Delhi: 011- 41010539/ 9899011212 | Amritsar: 9501887956 | Bathinda: 9315905178 | Meerut: 8826576722
National Palliative Care Helpline ‘Saath Saath’: 1800-202-7777
On November 8, 2021, CanSupport celebrated its 25th anniversary, marking 25 years of caring for people with cancer. To mark the occasion, CanSupport unveiled its new logo and a special curtain raiser film capturing CanSupport’s journey over the last 25 years was released on its official website and on its YouTube channel https://www.youtube.com/watch?v=pW4IhE5c-twU

From a humble beginning in 1996 with a nurse and counsellor to becoming India’s largest home based palliative care service provider with 28 teams in Delhi NCR, Haryana, Punjab and Uttar Pradesh, CanSupport has come a long way. We thank each and every member of our staff, a large group of committed volunteers, organizations, corporates, foundations, and individual donors who have supported us, believing in our mission.

A Glimpse of 25th Anniversary Celebrations at CanSupport Headquarters
PROGRAM HIGHLIGHTS OCTOBER 2021 TO JANUARY 2022

Home Based Palliative Care

27 TEAMS

Comprising of doctors, nurses and counsellors. Home Care teams operate through 11 Home Care centers across 4 states of India.

989 New patients enrolled

2407 Concurrent patients under care

12581 Home visits

Outpatient Care

2 Outpatient Clinics, one in South Delhi and another in East Delhi

276 New patients enrolled

1691 Patient visits & Tele Consultations

Mobile Palliative Care Clinic

1 Team

423 New patients enrolled

1279 Patient visits

Telephone Helpline

3247 Calls received

487 Service referrals extended

Resource Facilitation

4192 New patients enrolled

3995 Patients successfully facilitated

58.3 Lakh Mobilized for tests and treatment from Central and State Government Schemes

1 Crore Worth of resources mobilized in-kind for patients through various networks
**STORY**

**Ajay, a Real Hero!**

Ajay is a chauffeur by occupation and a devoted son. But in our eyes, he's an absolute hero!

Ajay's father was afflicted with cancer and was helped by the palliative home care team from CanSupport.

Though Ajay's father didn't recover from cancer but Ajay was so grateful to CanSupport for extending help to his father and the family that after his father's passing away, he decided to repay his debt of gratitude. On his father's First death anniversary, he donated 10 ration kits for the other home care patients of CanSupport. He would put aside money every month to finally be able to afford to buy ration for 10 cancer patients.

For us at CanSupport, Ajay is a real hero because he rose above his own sadness to think of others and struggled to support those who are in a further disadvantaged condition than him. We honestly commend Ajay's efforts and acknowledge his character.

Ajay says, "Let's try to help the needy without waiting for the perfect time or the perfect bank balance. Both will probably never happen."

We cannot agree more with Ajay. The perfect time to do good to others is never in the future. It's now!

We are proud of Ajay. He has not only risen above his circumstances to help others who are suffering but has also touched the hearts of everybody at CanSupport. Thank you, Ajay for motivating us!

**Help a Cancer Patient Receive Free Palliative Care**

**Cost per visit per patient:**

1 Visit @ ₹ 1600/-; 4 Visits in a month @ ₹ 6400/-

12 Visits in 3 months @ ₹ 19200/-

(The cost includes visits by a team of doctor, nurse and counsellor, transportation, medication, nursing and medical equipment supply)

**Corporates and Businesses:**

For more information and CSR partnership contact:

Rajni @ 9667718209 or rajni@cansupport.org

**For Individual Donations:**

Call Donor Relationship Team @ 9667718209 or write to rajni@cansupport.org

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TRAINING AND EDUCATION

Training by Zuleikha of The Storydancer Project

Four new counsellors received training from Zulekha of The Storydancer Project. These training sessions were conducted virtually in October. The focus of the training was on how to approach the topic of exercise with patients. We thank Zuleikha for her continued support to CanSupport.

Helpline Networking Meet

CanSupport telephone helpline organised a virtual Helpline Networking Meet in October to build a network in order to direct patients to the right platform as per their needs. Representatives from 13 NGOs, working for different causes, participated in the Meet. A 40-minute session on "Psychological wellbeing and self-care" by Ms Keshav Sharma, psycho oncologist, Fortis Memorial Research Institute, was also a part of the Meet. The session was very interactive and enlightening and was appreciated by all the participants.

CanCon Odisha 2021

Umeedein, an NGO in Bhubaneshwar had organised an online conference titled CanCon Odisha 2021 and CanSupport was invited to make a presentation on the topic 'United we can win: The Importance of Cancer Care Network'. Rajvinder Kaur from CanSupport's Third Party Felicitation Program took part and made a presentation which was well-received and appreciated.

Intern, Ms Kayla Renee Frazier

CanSupport engaged an international intern, Ms Kayla Renee Frazier from the United States, who is enrolled at Chamberlain University for a comparative study of Home Based Palliative Care model of various countries. She is going to compare Home Based Palliative Care Models of various countries including India and CanSupport that would include literature study and interviews of top officials of concerned organisations and at the end of this project present a paper.
CanSupport Walk for Life 2022

CanSupport held its annual fundraising event - ‘Walk for Life’ on Sunday, 6 February 2022. Keeping in mind the ongoing pandemic, the participants were encouraged to Walk, Run, Cycle, Jog or do any other physical sport or activity at wherever they were in support of cancer patients, instead of getting together at one place and to share their pictures and videos of participation with us. This enabled many people to participate from the safety and comfort of their homes. that included people from various other cities and countries.

Live stream on Facebook on the day of the event connected the participants from all over, where we featured pictures and videos of peoples’ participation along with talks, videos on cancer awareness.

CanSupport headquarters and other field service centres staff held their ‘walk’ in small groups in a neighbourhood park. whereas the lap of honour (walk with our Day Care patients) took place on the terrace of CanSupport headquarters building.

The Sunday before the Walk, a curtain raiser event was held on Facebook live, where we took everyone down memory lane through a special video that captured the last 14 years of CanSupport Walk for Life event.

Also, the curtain raiser included a panel discussion with three CanSupport volunteers sharing everything about this event, right from how and when the idea for this event germinated and developed over the years to become a huge event and the reasons behind its success and what attracts celebrities, diplomats, famous personalities, schools, colleges, corporates and general public to participate in such great numbers. This panel discussion further connected and warmed up people to the event. The curtain raiser also featured members of a runners group called ‘Crazy Runners’ who shared with the audience the benefits of such sport as walking and running, encouraging people to participate in this event and to run and walk on the day of the event.

On the day of the ‘Walk’, CanSupport organized three LIVE streams on Facebook on three different time slots. The first live stream started with an energising drum performance of Djembe Circle followed by a message from Harmala Gupta, Founder - President CanSupport. After the message she officially flagged off the Walk. The session also included Lap of honour/CanSupport headquarters staff’s participation video and Dr Ravinder Mohan Director NDPS and Anil Sharma - Senior Counsellor at CanSupport sharing about CanSupport’s work.

Facebook live streams also featured a special performance by Zuleikha of the storydancer project. performance by the members of Rotaract club and kathak performance by Archana Singh. Dr Reena Shrama, Director Medical and Savita Luka, Director Nursing. CanSupport shared about CanSupport’s model of home care and CanSupport volunteers. Nadira Chaturvedi and Anu Mittal shared about CanSupport Day Care activities. Social worker Rajvinder Kaur also shared with the audience about CanSupport’s third party facilitation service to cancer patients.

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Harmala Gupta
CanSupport Founder President

Crazy Runners

Facebook Live Stream

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CANSUPPORT EVENTS

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One of the highlights of the walk was the participation by 200 elderly from all over the world mobilised by HelpAge India which really warmed up everyone’s hearts.

At the third and final live stream, CanSupport presented a scroll of honour to its three highest grant making CSR partners. The golden scroll of honour was presented to Cipla Foundation and the silver scroll of honour went to both Optum Solutions and PNB Housing Services. Trophies were also presented to the highest participating institute which went to HelpAge India and the highest participating educational institute trophy was given to D.A.V. Public School Ashok Vihar.

A subheading

The Walk concluded with a vote of thanks from Dr Ambika Rajvanshi, CEO CanSupport and the announcement of three lucky winners of colour/dress up Sunny, the walk mascot activity.

We thank our event partners Tata 1mg, Agilent Technologies, Fresnius Kabi Pvt Ltd and Mosaic, our event supporters and CanSupport volunteers who helped in organizing the walk and each individual participant for making it a grand success.

CanSupport Walk for Life 2022 Event Partners & Supporters

Event Partners:
- Agilent Technologies
- Fresnius Kabi India Pvt Ltd
- Mosaic
- Tata 1mg

Event Supporters:
- Akal Group of Institute, Sangrur, Punjab, Karanvir Singh Sibia
- Ambience Interiors Pvt. Ltd
- Ambience Public School
- Amit Bhutani - Florence Fashion
- Ardee School
- Ashoka University
- Aseem’s Library
- Build Kraft India
- Crazy Runners Group
- D.A.V. Public School, Ashok Vihar
- Djeimbe Circle
- DPS International School, Saket
- Emerging Securities Pvt. Ltd
- Esteem Consultants Pvt. Ltd
- Fabindia
- Fentezy Pvt Ltd
- Fostilma Business School
- Frank Anthony Public School
- Carg Medicos
- HelpAge India
- Holy Family College of Nursing
- Inner Wheel Club Delhi, Vasant Vatika
- Ishwar Das Rajkumar
- IT Tech Service
- Jaspal Kaur Public School
- KPMC
- Noida International University College of Nursing
- New Era Public School
- R.K Advertising
- Remembering Kalindi Walk for Life
- Rotaract Club Sri Aurobindo College
- Secmeds Medical Second Opinion
- Rudaia College of Nursing, Delhi
- Soil Institute of Management
- The Shri Ram Schools

Individual Supporters:
- Abha Sanghi
- Achala Kaul
- Anita Manwar
- Anjali Singh
- Anjana Bakht
- Anju Abbot
- Anubhuti Agarwal
- Anuradha Mittal
- Bhanu Seth
- Chitdeep (Dolly) Randhawa
- Chitra Mehta
- Doli Singh
- Dr Bhawna Sirohi
- Dr Poornam Batra
- Gautam Kaul
- Cita Agarwal
- Cpt Capt. Purshottam Bhatia
- Harmalna Gupta
- Kavery Cangul
- Nadira Chaturvedi
- Nilima Chawla
- Nimisha & Aditya
- Nina Puri
- Radhika Choudhary
- Rajni Arora
- Renu Mital
- Ritwick & Diya
- Shirin Jain
- Sindhu Koshi George
- Som Mittal
- Usha Agarwal
- Usha Rani
- Vinita Idrani

Special thanks to:
- Archana Singh
- Chandni Arora Singh
- Dr Arnood Manocha
- Josh & Ron Randhawa
- Manika Sharma
- Manisha Koirala
- Vicky Bedi
- Bashank Arora
- Shri Somnath Bharati
- Tina Rajan
- Vandana Chawla
- Zuleikha of The Storydancer Project
GLIMPSES OF CAN SUPPORT WALK FOR LIFE 2022

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Employee Engagement Program with Adobe Employees

In December, CanSupport held a very successful online employee engagement session with Adobe employees. The employees were given an orientation about CanSupport and they made cards for our Day Care children and their caregivers. At the event, Nadira Chaturvedi, our volunteer also shared about CanSupport Walk for Life event and encouraged the employees to participate.

Children’s Day Celebrations at CanSupport

We thank Hetro Pharmaceutical company for making Children’s Day celebration at CanSupport special for the children who come to our Day Care. We especially thank Mr Sant Singh - Area Business Manager and Mr Vishal Parasar - Regional Business Manager for visiting the Day Care in person, distribution gifts and sweets to the children and playing with them.

Webinar on Stress Management

Rajan Arora, Manager Quality, Barco conducted a Stress Management Session for the employees of CanSupport in January 2022. It was a very comprehensive session and addressed topics such as: What is stress? Types of stress, its cause and origin, its effect on human body and how to manage it. The session was well attended and received.

CanSupport Child Protection Policy

In January, the HR department organised a session for all employees to understand CanSupport Child Protection Policy. The session was taken by Nicole Rangel Menezes who has 23 years of work experience in child protection. She was part of the founding team of Childline India Foundation (CIF), where her work included being responsible for organisation management and strategy, planning, evaluation, research, training, communication development and child protection advocacy.
WE THANK OUR DONORS AND SUPPORTERS

The Invincibles

Shubha Khanna & Shweta Miglani - New Day Care Coordinators

Shubha, a seasoned volunteer, now Day Care Coordinator, has contributed willingly and promptly to multiple needs and events of CanSupport, be it ‘Walk for Life’ or Day Care. Her genuine intent backed by her generosity of spirit and resources make her an invaluable asset amongst volunteers.

Shweta is an unassuming but completely dedicated volunteer with a varied skill set. Her exceptional empathy for patients and families stems from her own experiences, which she translates into meaningful services for the needy. Always smiling and forthcoming to take on the desired task at hand.

We wish both Shubha and Shweta good luck in their new role as Day Care Coordinators!

Donations received from October 2021 - January 2022

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| • Jeannie Mulford | • Vaco Binary Semantics | • Unassuming but completely dedicated volunteer with a varied skill set. Her exceptional empathy for patients and families stems from her own experiences, which she translates into meaningful services for the needy. Always smiling and forthcoming to take on the desired task at hand.

We wish both Shubha and Shweta good luck in their new role as Day Care Coordinators!
Our deepest condolences to the families of Late Manender Mann, Late Saral S Tandon and Late Shakuntla Rajeshwar. We express our heartfelt gratitude to all the three noble souls for leaving a part of their wealth to CanSupport. We are also very thankful to their families.

R K Memorial 2021

We thank Sudha Kumar for connecting CanSupport with R K Memorial founded in the memory of her son Rajesh Kumar who passed away after a brave fight and long fight with cancer in March 2021.

The Memorial founded by Nitin Sibal and some of Rajesh’s other friends, held a golf tournament in honour of Rajesh through which they raised about 13 lakhs which they donated to CanSupport. The memorial is going to hold this tournament every year in the memory of Rajesh and donate the money raised to CanSupport annually.

We thank Rajni B Arora, our CanSupport volunteer for connecting Sudha Kumar to us.

Wish List

- A4 sheet packets (268 Nos)
- Urgent.
- Tea leaves 1 kg (60 nos)
- Sugar 1 kg (60)
- Parle-G biscuits (1000 packets)
- Medicines (contact the given number)
- Blue pen (2360 Nos)
- Red pen (264 Nos)
- Green pen (184 Nos)
- Pencil (328 Nos)
- Eraser (256 Nos)
- Sharpener (108 Nos)
- Stapler pin (316 packets)
- Laptop (4 Nos)
- Android phone (5 Nos)

For more details, please contact our donor relationship team @ 9667718209.

Funds raised from such initiatives are used towards our home care services for cancer patients. We encourage and invite individuals and organizations to help us raise much needed funds through your friends, family, school, college or workplace. You may contact our donor relationship team @ 9667718209 for any assistance.